We claim:

1. A reduced abrasion shoe, comprising:

a sole;

an upper coupled to the sole;

the upper and the sole forming an exterior surface and an interior cavity;

the upper comprising a toe box, a throat, and a heel;

a tongue coupled to the upper such that the seam resides on the exterior surface of the toe box; and

the tongue comprising a portion on the exterior surface and a portion in the interior cavity, and a transition, the transition being where the tongue transitions from the exterior surface to the interior cavity.

2. The shoe according to claim 1, further comprising a liner between the upper and the interior cavity.

3. The shoe according to claim 2, wherein the liner is coupled to the upper about the mid-point of the shoe.

4. The shoe according to claim 3, wherein the liner is coupled to the upper using a stitch.

5. The shoe according to claim 1, further comprising a patch coupled to the exterior surface

6. The shoe according to claim 5, wherein the patch is coupled to the exterior surface by a weld without causing a seam in the interior cavity.

7. The shoe according to claim 3, further comprising a patch coupled to the exterior surface using a weld without causing a seam in the interior cavity.

8. The shoe according to claim 7, wherein the shoe comprises a shoe from the group consisting of a cycling shoe, a running shoe, a tennis shoe, a sneaker, a soccer shoe, a bowling shoe, a football shoe, a cleat, a basketball shoe, and a golf shoe.

5

9. A reduced abrasion shoe, comprising:

a sole;

an upper coupled to the sole;

the upper and the sole forming an exterior surface and an interior cavity;

the upper comprising a toe box, a throat, and a heel;

a tongue coupled to the upper, the tongue traversing the throat; and

a liner between the upper and the interior cavity, the liner coupled to upper about the mid-point of the shoe.

10. The shoe according to claim 9, wherein the liner comprises a mesh material.

12. The shoe according to claim 9, wherein the liner comprises a low friction material.

12. The shoe according to claim 11, wherein the tongue is coupled to the toe box such that the seam resides on the exterior surface.

13. The shoe according to claim 9, further comprising a patch coupled to the exterior surface of the upper.

14. The shoe according to claim 13, wherein the patch is coupled to the exterior surface using a weld without causing a seam in the interior cavity.

15. A reduced abrasion shoe, comprising:

a sole;

an upper coupled to the sole;

the upper and the sole forming an exterior surface and an interior cavity;

the upper comprising a toe box, a throat, and a heel;

a tongue coupled to the upper that traverses the throat; and

at least one patch coupled to the exterior surface using a weld.

16. The shoe according to claim 15, wherein the at least one patch comprises at least one of a synthetic leather and a high-density rubber.

17. The shoe according to claim 15, wherein the at least one patch comprises at least one patch coupled to the heel portion of the upper.

18. A reduced abrasion shoe, comprising:

a sole;

an upper coupled to the sole;

the upper and the sole forming an exterior surface and an interior cavity;

the upper comprising a toe box, a throat, and a heel;

a tongue coupled to the upper such that the seam resides on the exterior surface of the toe box;

the tongue comprising a portion on the exterior surface and a portion in the interior cavity, and a transition, the transition being where the tongue transitions from the exterior surface to the interior cavity;

a liner between the upper and the interior cavity, the liner coupled to upper about the mid-point of the shoe; and

at least one patch coupled to the exterior surface of the shoe, wherein the at least one patch is coupled to the exterior surface using a fusion bond.